



Seattle Sheds Light on Mental Health

REACH WELL-BEING ACTIVITIES

Log in and explore the [Reach Well-being Program](#) to expand your mental health knowledge. The Seattle Sheds Light on Mental Health activities will be available through March 2022 to support you. More points, more well-being.



Cultivating Joy in Times of Pain

100 pts



Acknowledging Loneliness &

0 1

50 pts



Feeling Hurt? Try Self-Compassion

100 pts

Choose from 17 new activities including

- 4 ways to Fight Mental Health Stigma
- Cultivating Joy in times of pain
- Renegade Rituals - Mindfulness
- Feeling Overwhelmed? Find Ease
- and MUCH MORE...

Take Reach on the go with the Limeade App



Enter Code:
SEATTLE